

NOVEMBER 2018

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MON		TUE		WED		THU		1		FRI		2	
~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~	
WK 1						Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Bug Bite Crackers (21g) & Yogurt (22g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~	
						Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)				Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)			
MON		TUE		WED		THU		8		FRI		9	
5		6		7		8		8		9		9	
~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~	
WK 2		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)													
~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~	
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)		THANKSGIVING DINNER Turkey (2g), Stuffing (25g), Gavy (3g), Mashed Potatoes (15g), Roll (20g), Cranberry Sauce (11g), Pumpkin Pie w/Topping (38g)		Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)				Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)			
MON		TUE		WED		THU		15		FRI		16	
12		13		14		15		15		16		16	
~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~	
WK 3		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)													
~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)				Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)			
MON		TUE		WED		THU		22		FRI		23	
19		20		21		22		22		23		23	
~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
MON		TUE		WED		THU		29		FRI		30	
26		27		28		29		29		30		30	
~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~		~~BREAKFAST~~	
WK 1		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)													
~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~		~~LUNCH~~	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)		Japanese Cherry Blossom Chicken (27g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)				Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (~8g)			